

ST. LUCIE COUNTY AQUATICS

St. Lucie County Aquatics proudly offers American Red Cross swimming lessons at all of our facilities! Every session (6 lessons) costs \$65.00 per person. Some scholarships are available on a first-come first-served basis based upon qualifications.

2018 Swim Lesson Registration

Online Registration

Online swim lesson registration will begin on March 19th, 2018 and is only available for *Parent/Child, Preschool 1-3, Level 1, Level 6, and Adult (beginner)* classes. Please review the class placement guidelines carefully before choosing a level to ensure accurate level placement. By registering online you are FULLY responsible for correct class placement of the participant. In an event that they are incorrectly placed, we will attempt to find an opening in the correct level or session, however there is no guarantee. If there are no availabilities a refund will be issued.

In Person Registration

In person registration for *Ravenswood Pool* will begin on March 20th, 2018 and is available for any level we offer. Beginning on March 5th, 2017 you may call (772) 871-2183 from 9:00am until 12:00pm on Mondays, Wednesdays and Fridays to make an appointment to come in and register. In person registration will be held on Tuesday and Thursday evenings from 5:00pm until 7:00pm. You **MUST** have an appointment to register.

In order to register for swim lessons at our *Lincoln Park or Lakewood Park* locations please visit the pools during regular hours of operation, beginning on May 26, 2018. Online registration is also available for limited levels. For any additional assistance please call (772) 462-2560.

We require that all participants are swim tested for Levels 1-5 during in person registration. Please do not forget to bring a swim suit, a towel, a valid ID, and a form of payment to registration.

Classes are filled on a first come first served basis and are open until all spots are filled or until the session has begun. Management reserves the right to cancel or reschedule classes if deemed necessary.

Guidelines, Tips, & Procedures

- For registration purposes; participants must have their certificate from the previous level of swim lessons, or they must be able to demonstrate the appropriate skills during their swim test.
- Participants will not be permitted to join in on a class beyond their skill level, they will only be transferred to the appropriate class if space is available.
- Preschool levels 1-3 have up to six children per class, all other classes have up to 10 students.
- Classes may be cancelled, combined, and/or changed at management's discretion if deemed necessary.
- All participants must wear proper swim suit attire.
- It is always a good idea to wear sunscreen and other sun protection during class.
- Goggles are permitted in class, but they are not required. Children may be asked to remove goggles during some portions of the lesson.
- Please plan your schedule carefully and make sure children arrive to their class on time. There will be NO make-up lessons or class credits due to late arrivals or missed classes.
- Please bring your child to their designated area every day where they will be greeted by their instructor.

-Parents must remain in the aquatics facility during the child's lesson, participants may NOT be dropped off.

-If children in the Parent/Child class are not potty-trained, then they are required to wear the proper swim diaper. Swim diapers are available for sale at the facility.

-To prevent distraction, please refrain from interacting with the children during their lesson.

-If you have any questions or need assistance, please feel free to speak with the instructor or management after your child's lesson.

-Children pick up on their parent's attitudes towards swim lessons, so please always have a positive outlook and remember to encourage your children to do their best.

-In the event that there is bad weather, please call for updates. If a class is cancelled by management, one make-up date is available for that week.

-Most importantly, have fun!

SWIMMING LEVELS

Parent & Child: Ages 6 months – 3 years

Prerequisites	Purpose
A parent must accompany their child to each class. There are no skill prerequisites.	These classes teach safety information to parents as well as techniques that can be utilized to help introduce their children to the water. Once the children are familiarized with the aquatic environment they can be taught swimming readiness skills such as floating, kicking and blowing bubbles.

Preschool: Ages 3 – 5

Course	Prerequisites	Purpose
Preschool 1	Students must be potty-trained for all preschool levels, no skills prerequisites required.	To aid students in developing a positive outlook on swimming, and familiarizing children with the water. To teach children basic aquatic skills such as blowing bubbles, submerging their heads, floating, and to teach safe practices in and around the water.
Preschool 2	Students should be able to blow bubbles for several seconds, back float for 3 seconds, front glide 2 body lengths, and travel at least 5 yards.	To inform students of more water safety topics, and to build on the aquatics skills learned in preschool 1 such as underwater swimming and floating independently.
Preschool 3	Students should be able to glide (front & back) for at least 2 body lengths, back float for 15 seconds, and swim at least 6 body lengths.	To reinforce water safety skills as well as teach new ones, and to further build on the aquatics skills taught in the first two levels. Front crawl and back crawl will be introduced.

Learn-to-Swim: Ages 6 – 13

Course	Prerequisites	Purpose
Level 1	Students should be at least 6 years old and have started Kindergarten. There are no skill prerequisites.	To help students develop positive attitudes towards aquatics environments, develop safe practices in and around water, and basic water skills will be taught such as: floating, blowing bubbles, submerging and opening eyes.
Level 2A	Students should be able to back float for 5 seconds, glide on their front at least two body lengths, and travel 5 yards.	To build the students confidence and build on concepts that were covered in level 1. The goal is to teach similar skills however they are encouraged to do it on their own.
Level 2B	Students should be able to perform both front and back floats for 5 seconds each, glide on their front for 4 body lengths, and swim 4 body lengths.	This level will focus on submerging and building basic safety skills with new aquatic concepts. The perfect skill level for students that weren't entirely ready for level 3.
Level 3	Students should be able to back float for 15 seconds, and swim for 10 body lengths.	Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool. Endurance, front crawl, back crawl, elementary backstroke, and rotary breathing are focused topics.
Level 4	Students should be able to tread for 1 minute, and front crawl or elementary backstroke for 25 yards.	To improve on strokes covered in level 3. Endurance and form is emphasized for front crawl, elementary backstroke, breaststroke and backstroke.
Level 5	Students should be able to front crawl 25 yards, elementary backstroke 25 yards, breaststroke for 15 yards, and swim 5 body lengths underwater.	To refine most of the swimming strokes and cover new strokes such as the butterfly stroke. Flip turns and some other new material are introduced.

Level 6	Students should be able to shallow angle dive, front crawl 50 yards, elementary backstroke 50 yards, breaststroke 25 yards, back crawl 25 yards, and demonstrate correct and effective turning styles.	To prepare students for competitive swimming and/or more specific goals. The goal is to swim with greater efficiency and perfect all strokes, streamline push offs, turns, and endurance.
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Adult: Ages 13 and up

Course	Prerequisites	Purpose
Adult (Beginner)	There are no skill prerequisites.	To help educate participants of the aquatic environment as well as teach them swimming strokes and safety skills.
Adult (Advanced)	Participants must not be apprehensive of the water, and be able to swim front crawl and breaststroke for 15 yards, with an ability to perform back crawl.	To help advance participants basic swimming skills and potentially refine their strokes and endurance capabilities.